

Sunday, September 17, 2017 - Sunday, May 6, 2018

## Beginner Limón Class at Peridance

Company: Limón Dance Company  
Venue: Peridance Capezio Center  
Location: New York, NY

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(Photo courtesy of the José Limón Dance Foundation)

Beginner-level Limón classes led by a faculty of current and former members of the Limón Dance Company and artists affiliated with the Limón aesthetic. Limón training provides an organic approach to movement that can serve dancers of various backgrounds, with an emphasis on the natural rhythms of fall and recovery, a conscious use of breath, and the interplay between weight and weightlessness.

Limón Dance Company  
126 East 13th Street  
New York, NY, 10003

Schedule  
September 17, 2017: 11:30am  
September 24, 2017: 11:30am  
October 1, 2017: 11:30am  
October 8, 2017: 11:30am  
October 15, 2017: 11:30am  
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